

DIETARY SUPPLEMENTS



The supplement industry has grown to earn over \$30 billion each year in the US, but most people don't need them when eating a nutritious diet.

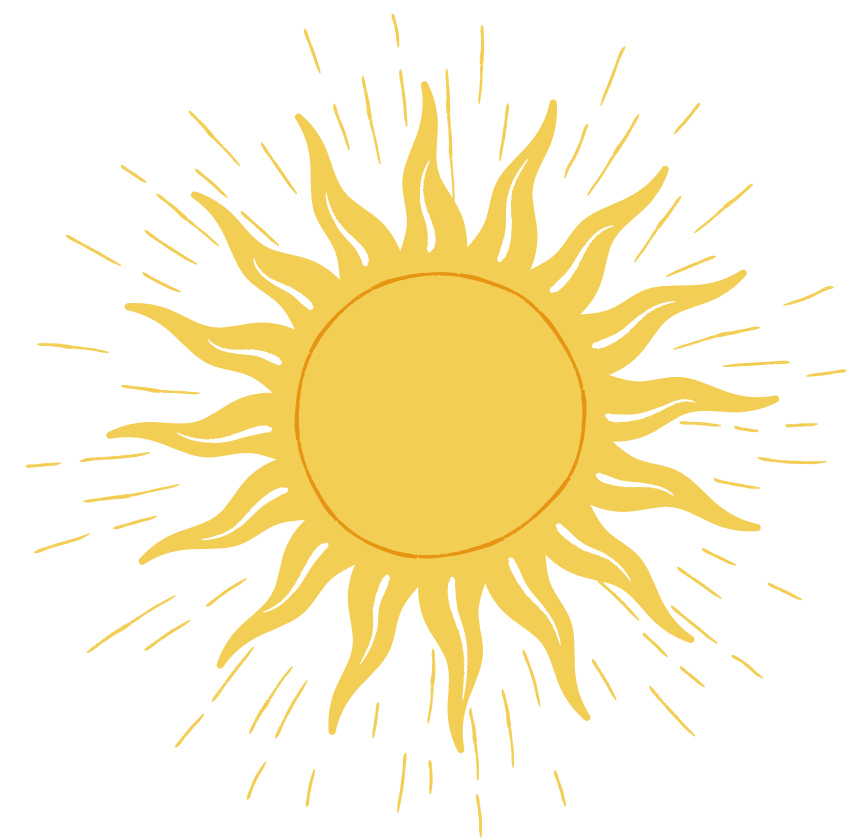
WHO NEEDS SUPPLEMENTS?

Infants and children, pregnant women, older adults, and those with certain dietary restrictions are common groups for which supplements may be recommended. If you do not fall into one of these groups, talk to your doctor to see if a supplement is necessary.

VITAMIN D

Most people get enough vitamin D from the sun in the warmer months, but less during the fall and winter. This is a good time to increase foods containing vitamin D:

- salmon, tuna, fortified orange juice, milk, and cereals



CHOOSING A SUPPLEMENT

• Third party testing

- The U.S Food and Drug Administration (FDA) does not regulate dietary supplements
- Third party testing is when an organization that is NOT the supplement company (a third party) analyzes the supplement and confirms its quality
 - Look for the USP, NSF, or a LGC seal on the bottle
 - These organizations confirm what is actually in the supplement

• Buy the store/generic brand

- These often contain the same ingredients at a lesser cost, but double-check the ingredients!

• Consult with your doctor or registered dietitian

- They can offer suggestions or recommendations and may have a coupons for over-the-counter supplements

